

Wyoming On Wellness

VOL. 30, NO. 1

"Commit to Your Health"

WINTER 2010

Healthier WY is a Success

The first year of Healthier WY has come to a close. Over 5300 participants completed the first year and will receive their \$480 premium reduction for 2010. Congratulations to all!

"Thanks to modern medicine, life expectancy for Americans has continually increased. How much we enjoy these additional years, however, depends greatly on how we have lived our lives. If our quality of life is to remain high so that we can fully enjoy these extra years, we must practice good eating habits, be active and refrain from using tobacco products."

Source: Wellness Proposals.com

Worksite wellness programs can help support these healthy behaviors. Take advantage of your worksite wellness benefits at the State!

Start your Healthier WY wellness program now! Year Two for Healthier WY began on October 1, 2009.

REQUIREMENTS ARE BELOW:

A reminder, this program is only available to participants in Employees' Group Insurance Health Plan with Great-West.

1 You must complete three of the Healthier WY every other monthly challenge. Register at www.healthierwy.org. You will

need to use your Healthier WY code. If you do not have a code, look toward the bottom of the web page and click on Healthier WY code link. Follow the directions on that page. Your code is also on the flyer that is mailed to your home address.

Once you get your code, follow the directions to register for the next challenge. If you have any problems, please call Tammy at 777-6716.

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Exercise & Longevity

Being out of shape may increase your risk of dying early more than being overweight. A 12-year study of more than 2,600 adults over age 60 found that people in the lowest 20% of physical fitness had more than twice the risk of dying prematurely compared with those who were slightly overweight but walked as little as 30 minutes a day, five days a week.

Source: Journal of the American Medical Association, Vol. 21, pg. 2507

Avoiding food and drug interactions

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eating well

FROM DAWN 'TIL DARK

Quick and easy ways to add fiber to your menus

- **Enjoy a whole-grain cereal topped with fresh or frozen fruit** for breakfast, or add bran to your favorite ready-to-eat or hot cereal.
- **Choose fruits and vegetables more often than juice**, since fiber is found mainly in the peel and pulp.
- **Chop dried fruits and nuts** into chicken or turkey salads.
- **Choose 100% whole-wheat** breads, pasta, pitas, and tortillas.
- **Add garbanzo beans** (or any type of bean) to salads.
- **Top a baked potato with chopped vegetables or salsa** — and eat the skin, too.
- **Snack on crunchy vegetables** like carrot sticks, broccoli florets, or red pepper strips.
- **Serve brown rice** instead of white rice as a side dish.
- **Add chopped vegetables and legumes** to soups, stews, and casseroles.
- **Satisfy your late-night munchies** with air-popped popcorn, dried fruit, or a small handful of nuts.

Source: American Dietetic Association, www.eatright.org

Smart Living

Most vegetables have only 10 to 50 calories per serving, and their high water content can keep you feeling full longer.

Red, green, & nutritious

Beets are rich in the B vitamin folate, which is essential for cell growth, especially during pregnancy. One cup of cooked, sliced beets has 136 micrograms of folate. The daily requirement is 400 micrograms (800 micrograms during pregnancy).

The greens attached to beets are also rich in nutrients and can be prepared like spinach or Swiss chard for a delicious side dish.

Tangy Roasted Beet & Walnut Salad

- 1 Tbsp. orange juice
- 2 Tbsp. white wine vinegar
- 1 Tbsp. maple syrup
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 cup extra-virgin olive oil

FOR THE SALAD

- 2 lbs. beets
- 2 bunches watercress or arugula (about 4 cups)
- 2 oranges, peeled and cut into sections
- 1 fennel bulb, thinly sliced
- 1/2 cup California walnut halves, toasted

In medium bowl, whisk together orange juice, vinegar, maple syrup, salt, pepper, and olive oil. Set aside.

Place beets in 8-inch square baking dish. Bake in 375° oven about 1 hour, or until beets are tender (will depend on the size of the beets). Let cool. Peel and slice. Toss with 2 tablespoons of dressing.

In large bowl, gently toss watercress, oranges, fennel, and walnuts. Divide over 4 plates. Top with beets and drizzle with remaining dressing. Serves 4. Per serving: 385 calories, 8 g protein, 40 g carbohydrate, 24 g fat (3 g saturated fat), 11 g fiber, 505 mg sodium.

Source: California Walnut Commission

Grocery shopping

HEAD FOR THE OUTER AISLES

Fresh fruits and vegetables, dairy products, and healthy protein choices like fish, chicken, and lean beef are located along the outer aisles of most supermarkets.

"That's why it's a good idea to start shopping along the perimeter," says Leslie Bonci, director of Sports Nutrition at the University of Pittsburgh Medical Center.

"Fill half of your cart with produce first, then one-fourth with other fresh items. After that, you won't have much room left to go up and down the center aisles, where the packaged foods and higher-calorie items are located."

fitness

FRUGAL WORKOUTS

How to trim your costs and stay in shape

- **Walk whenever you can.** All you need is a good pair of athletic shoes and a little motivation.
- **Climb real steps in place of using a stair machine.** At a normal pace, a 155-pound person will burn about 400 calories an hour. You can also use a sturdy stepstool for training.
- **Invest in some low-cost equipment.** Resistance bands can help strengthen and tone all of your muscles and are more versatile than dumbbells. Stability balls give you a good core workout and help improve balance. Jumping rope is an aerobic workout and improves coordination, timing, and upper body tone.
- **Get together with two or more friends and work out** with a DVD or a fitness class on television.
- **Classes offered through recreation departments or yoga or dance studios typically cost less** than gym memberships — especially if you only use part of the gym's facilities.
- **Buy a fitness magazine** to find new ideas and ways to stay motivated.
- **Keep a set of light hand weights at your desk** and use them to work your arms when you're on the phone.



360° OF FITNESS

Hula hoops are not just for kids any more

Invented in the 1950s, hula hoops have evolved from a fad to a fitness alternative.

According to Fabio Comana, exercise physiologist for the American Council on Exercise, "hooping" improves flexibility and balance and can strengthen core muscles. It can also burn about 158 calories in 30 minutes (based on a 155-pound person).

Hooping classes offered at gyms usually use a "heavy hoop" that weighs between 1 and 5 pounds and is larger in diameter than kids' hoops.

But even the inexpensive, lightweight hoops are a fun way to get both adults and children moving.

Smart Living

Exercise regularly, but complete your workout at least three hours before bedtime to help prevent insomnia.



TAKE TWO MINUTES

Exercises you can do anytime

- **Stand on one leg at a time** to improve your balance.
- **To strengthen calves and ankle muscles, rise up and down on your toes** 10 times, then repeat two to three times.
- **Lift one leg to the side or back** while balancing on the other leg.

Source: *Fitness Over Fifty*, published by the National Institute on Aging

health news

Doc Talk

POWER TO THE PATIENT

If at first you don't succeed...

'Tis the season for New Year's resolutions to improve our health behavior. Many of us start the year with the best of intentions, only to become discouraged and give up within a few weeks or even days. The key is to keep trying — most changes in health behavior take several attempts before they stick. The following steps can increase your chances for success:

1. **Set realistic, small, short-term goals,** including a start date.
2. **Ask for support** from family and friends.
3. **Make a plan to support the behavior you want to change.** If you smoke after eating, take a walk instead; if you lack energy when you get home, take sneakers to work and walk before you get home.
4. **Consider formal help** — get smoking cessation medication, sign up for a weight control program, join an aerobics class or a bicycle or walking club.
5. **Keep a log of your progress.**
6. **Reward yourself** — use positive self-talk and promise yourself something you enjoy when you succeed. Celebrate your accomplishments — even those that may not impress the uninformed — 1st day, 1st week, 1st month, etc.
7. **Expect setbacks** — forgive yourself and plan ahead for how to get back on track.

Keep trying with your New Year's resolutions and use these tips to help you stay on the path to success.

William J. Mayer, MD, MPH
Medical Editor

*Do you have a subject you would like the doctor to discuss?
E-mail DocTalk@HopeHealth.com.*

from bad to worse

Tanning beds and sunlamps have been moved to the highest risk category among things that can cause cancer in humans. The devices had previously been rated as "probably" cancer-causing.

The risk of melanoma (the most dangerous form of skin cancer) increases by 75% when people begin using tanning beds and sunlamps before the age of 30.

"This report puts to rest the argument that tanning with UVA light is safe," said Dr. Len Lichtenfeld of the American Cancer Society.

All types of ultraviolet light (UVA, UVB, and UVC) are linked to an increased risk for skin cancer.

Source: *The Lancet Oncology*, Vol. 10, pg. 751

the latest on omega-3 oils

The omega-3 fatty acids like those found in fish such as salmon, trout, and mackerel not only help prevent heart disease — they may also help treat it, says Dr. Carl J. Clavie, director of the Cardiac Rehabilitation Clinic at the Ochsner Clinic in New Orleans.

The American Heart Association recommends eating two servings of fatty fish a week (or about 500 milligrams of omega-3 fatty acids) to help prevent heart disease.

For people already diagnosed with heart disease, Dr. Clavie's research suggests that amount be increased to 800 or 1,000 milligrams per day. Consider taking fish oil supplements (1 gram capsules) from a reputable company if you are unable to eat fish twice a week.

Source: *Journal of the American College of Cardiology*, Vol. 54, pg. 585

a pound lost is a penny saved

People who are obese spend about \$1,500 more per year on medical costs than the average weight person. That's \$4,870 per year compared to \$3,400.

Overall, the price of obesity is \$147 billion per year in the U.S. — just over 9% of all medical costs.

Source: *Health Affairs*, Vol. 28, pg. 822

a helping hand

Nine out of 10 kids say they would wash their hands if you included either a moist towelette or hand sanitizer in their lunch container. Left to their own devices, more than 60% of kids admit they don't wash their hands before eating lunch.

Source: *American Dietetic Association*

mind games

The next time you're frustrated by a difficult word on a crossword puzzle, remind yourself that it's good exercise for your brain.

Activities that give your mind a workout can help slow the mental decline associated with Alzheimer's disease.

Reading, writing, playing board or card games, playing music, and taking part in group discussions are other exercises that help keep your brain in shape.

Source: *Neurology*, Vol. 73, pg. 356

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For more information, visit HopeHealth.com

you can use

instead of complaining...

At the end of each day, ask yourself if there was anything that bothered you during that day that you could have taken steps to correct.

Then make a point to confront the issue head-on the following day so that it doesn't have a chance to intensify.

Complaining about a situation is a sign that you need to make a change — but it won't solve your problems.

Sources: Beth Weissenberg, CEO of the Handel Group Coaching Company

take it to the bank

Just one pint of blood can save up to three lives. Your donation helps victims of auto and burn accidents, as well as cancer patients, organ-transplant recipients, and premature babies.

To donate blood you must be at least 16 years old, weigh a minimum of 110 pounds, and be in basic good health.

To learn how to host a blood drive at your work, school, or church, or to locate a blood bank in your area, go to www.aabb.org.

Source: American Association of Blood Banks

anxious about going to the dentist?

These tips may help relieve your fears:

Schedule appointments for a time when you're less likely to be rushed or under pressure — like early in the morning or after work.

Tell the dentist and dental staff about your concerns. They may be able to adapt treatment to make you more comfortable.

If the sound of the drill bothers you, bring a portable music device so that you can listen to soothing tunes. Some offices offer this amenity, so call ahead to ask if it's available.

If your dentist doesn't offer eye protection, wear sunglasses to protect your eyes.

Source: American Dental Association

FISCAL FITNESS

Understanding zero-percent financing

Zero-percent financing, sometimes called 100% financing, allows buyers to purchase "big ticket" items like cars, computers, and furniture with no-interest loans for the entire term of the loan.

Although it may be the best option for some consumers, here are some things to evaluate when you're considering a zero-percent loan:

- **Zero-percent financing loans are usually shorter term**, 24 to 36 months instead of 60 months, which means the monthly payments will be considerably higher.
- **Most zero-percent financing loans require a flawless credit history** (a minimum credit rating score of 750) and often apply only to certain styles or models.



- **The cost of an item may actually be higher if you purchase on zero-percent financing**, because many merchants will raise the price to make up for lost financing charges. This will also mean there is no room to negotiate on price.

- **Some merchants will require you to put a zero-percent loan on their credit card.**

- **Manufacturers' rebates may offer more cost savings** than the zero-percent financing option.

Before taking on any loan, take a look at your income, expenses, and debts and be sure you can afford monthly payments without putting too much strain on your budget.

Sources: Better Business Bureau; Seattle Metropolitan Credit Union

motivation

If you're trying to lose weight but counting calories and carbs doesn't work for you, imagine the extra weight wearing down on your knees and adding extra stress to your joints.

Pushing away from the table, along with regular exercise, can help prevent and relieve osteoarthritis.

Source: Health Monitor, Vol. 1, No. 3, pg. 21

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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health yourself

Top 10 safety features to look for in a car

1. High crash test scores.

The National Highway Traffic Safety Administration

<http://www.nhtsa.dot.gov/> and the Insurance Institute for Highway Safety <http://www.iihs.org/> rate how different vehicles fare in collisions.

2. Electronic Stability Control (ESC).

Helps drivers stay in control of a car during extremely tight turns and slippery conditions.

3. Side Air Bags.

Protect the head and chest during side impact crashes.

4. Properly-fitting seat belts.

The lap belt should rest on the upper thighs and the shoulder belt across the chest.

5. Electronic Seat Belt Warning System

to remind you to buckle up.

6. Front Air Bags

to keep occupants from hitting the windshield in a crash. Reminder — always place children under 12 in the back seat to prevent front air bag injuries.

7. Tire Pressure Monitoring System (TPMS).

Uses a dashboard light to signal when one or more tires needs air.

8. Heavy vehicle weight

will protect you more in a crash.

9. Anti-lock Braking System (ABS).

Allows for shorter stopping distances and better control on slick roads.

10. Rear Parking Sensors.

Sound a warning to let a driver know the car is getting too close to anything (including small children and pets) out of the driver's sight lines.

Sources: *Buying A Safer Car 2009*, Published by the National Highway Traffic Safety Administration; *Top 10 Safety Features*, <http://www.edmunds.com>

AIDS FOR DAILY LIVING

Simple ways to make life easier

These inexpensive items can help the elderly and other people with physical limitations maintain their independence:

- **Kitchen tools** that make it easier to open cans and bottles, peel potatoes, and cut and dice foods
- **"Reachers" or pincer-like tools** for those who have a weak grasp or limited mobility
- **Levers** instead of doorknobs to eliminate a twisting wrist motion
- **Bathing benches and handheld showers;** liquid soap dispensers
- **Elevated toilet seats**
- **Pill crushers** for those who have difficulty swallowing medication
- **Talking clocks, wristwatches, and calculators** for people with poor vision
- **Button loopers** and zipper pulls for dressing
- **Elastic shoelaces**

- **Specialized dinnerware** to enable eating with one hand

- **Single-lever faucets** for kitchen and bath

- **Touchtone telephones** with large numbers, speaker or hands-free telephones, and telecommunication devices for the deaf

For more information on products and technologies that can help people maintain their independence, go to The National Institute on Disability and Rehabilitation Research Website at <http://www.abledata.com/>.

Source: *Aging Parents and Common Sense*, published by The National Alliance for Caregiving, www.caregiving.org/pubs



PROBLEM SOLVING

How to handle criticism

A positive way to deal with criticism from a boss or co-worker is to view the criticism as important information that will help you do your job better — not as a personal attack.

Try to separate your ego from the situation and see the criticism as an opportunity to work together to develop a plan that will improve things rather than seeing yourself as a victim.

Make an effort to understand the reasons behind co-workers' difficult behavior. If they generally act in a reasonable manner, they may be reacting to stress overload in their own lives.

Source: *American Psychological Association*

take care

MEDICATION SAFETY

Avoiding food and drug interactions

Alcohol and certain foods can alter the way your body responds to some common medications.

Take the time to carefully read all labels on prescription and non-prescription medications. Your doctor or pharmacist will also be able to tell

you about possible food and alcohol interactions, or other medications that you are taking that may interact with a new medication. Even if you don't drink alcohol, remember that over-the-counter cough and cold medicines, as well as mouthwashes, may contain alcohol.

TYPE OF MEDICATION	POSSIBLE ALCOHOL INTERACTION
Sleeping aids	Dizziness or prolonged drowsiness
Antibiotics	Nausea, vomiting, and headaches
Diabetes medicines	May lower blood sugar to a dangerous level
Anticoagulants	May increase the risk of bleeding
Allergy medications	May increase side effects like dry mouth, dizziness, and drowsiness
TYPE OF MEDICATION	POSSIBLE FOOD INTERACTIONS
Antibiotics	Dairy products and even antacids may reduce the absorption. Allow two hours between taking medications and drinking milk or eating yogurt or cheese.
Anticoagulants	Green leafy vegetables like spinach may decrease the effectiveness and increase the potential for blood clots.
High blood pressure, cholesterol and seizure medications	Grapefruit and grapefruit juice can increase the amount of medication in your blood and cause more side effects as a result.

Sources: National Institute on Alcohol Abuse and Alcoholism; Food and Drug Administration; University of Cincinnati Center for Aging with Dignity; Northwest Health, Group Health Cooperative, Fall 2008

JANUARY HEALTH OBSERVANCES

Glaucoma Awareness

More than half of the people who have glaucoma don't know they have it, because it usually has no early symptoms — yet it is the second leading cause of blindness.

The American Academy of Ophthalmology recommends that everyone without symptoms of eye disease get a baseline screening for glaucoma at age 40. Anyone at high risk for glaucoma, including people of African, Asian, or Spanish descent and people with a family history of glaucoma, should have a comprehensive eye exam with dilated eyes at least every two to four years prior to age 40 to screen for glaucoma. People with diabetes should have comprehensive eye exams every year.

www.preventblindness.org;
www.geteyesmart.org

Birth Defects Prevention

Nearly 50% of all pregnancies in the U.S. are unplanned.

That's why all women who could get pregnant should take a daily multivitamin containing 400 mcg of folic acid to help prevent birth defects of the brain and spine, which can develop before some women even know they are pregnant. Learn more at www.nbdpn.org.

ONLINE

Organizing your personal health records

Online Personal Health Records (PHRs) store your data in a secure environment and allow you to access your information anywhere at any time with an Internet connection.

PHRs may also let you share your record with a loved one or your health-care provider, with your permission.

Before selecting a PHR, review its privacy and security policies. The American Health Information Management Association at www.myphr.com can help you get started. You can also check with health-care providers, insurers, and employers to see if they offer PHRs as a service.

Source: American Heart Association

wellness

BODY, MIND & SOUL

“Don’t put the key to happiness in someone else’s pocket — keep it in your own.”

— Unknown

“Horse sense is what a horse has that keeps him from betting on people.”

— W.C. Fields

“You can’t leave a footprint that lasts if you’re always walking on tiptoe.”

— Marion C. Blakey

***“That money talks
I’ll not deny,
I heard it once:
It said, ‘Goodbye.’”***

— Richard Armour

CONTINUED FROM PAGE 1

Healthier WY is a Success

2 Complete the Great-West Healthcare Health Assessment online between October 1, 2009 and September 30, 2010 and receive a separate \$50 incentive check.

Log on to <http://www.mygreatwest.com>. If you have registered at this site before, just enter your user name and password at the top right side of the page. If you have not ever registered before, on the right side click on the Register Now section, put in the group number 00052665, member number is on your Great-West insurance card, follow the rest, hit submit. That should take you to the next page where you pick your user name and password. On the welcome page, go to the Wellness Tab, Health and Wellness, read the disclaimer and hit submit. On the right side of the page, there is a Health Assessment box, click on it and that will take you to the assessment. If you are having difficulties logging in, call Great-West 800-685-1060 and they will help you.

3 You will need to receive an annual physical/wellness exam by a licensed healthcare provider prior to September 30, 2010. Your healthcare provider must complete the wellness premium discount form

mailed to you in October. After your provider has completed and signed the form, mail it back in the addressed envelope that was provided or mail to the address on the back of the form; keep a copy for your records. (If you are scheduled for an OSHA physical, please take the form with you to have it completed by the doctor). If you do not have this wellness form, go to **www.healthierwy.org** and click on the link for “Request A Wellness Physical Form” under UPDATES on the right side of that page. This form must be postmarked prior to September 30, 2010.

All three components MUST be completed prior to September 30, 2010 in order to receive your \$480 premium discount for 2011. Remember these challenges are offered every other month and must be completed in the month they are offered. If you are not sure what you have or have not completed for the program, **log on to www.healthierwy.org**, use your HWY code and then check your HWY status.

As always, if you have any questions please contact Tammy Till, State Wellness Coordinator at 307-777-6716 or ttill@state.wy.us.